



# Moving

## Helpful resources for a fresh start.

Moving affects every part of your life. This checklist shows you what you need to do to have a smooth transition—and how Walmart can help. Download it and keep it with you so you can check things off as you go.



### Resources for a successful move

[UPDATE YOUR ADDRESS](#)

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# Resources for a successful move

## UPDATE YOUR ADDRESS

Make sure your benefits and payroll keep up with you by sharing your new address. Here's how:

- For most associates, update your address information on the enrollment tool: [One.Walmart.com/Enroll](https://One.Walmart.com/Enroll)
- If your facility uses Workday, update your address through that system instead

## GET HELP WITH LIFE'S CHALLENGES

Access free support and resources 24/7, and get up to three face-to-face sessions with a licensed counselor at no cost. Resources for Living® can also help you find resources like childcare or eldercare in your new community. Plus, they have tools to help you cope with the stress of moving.

- Learn more: [One.Walmart.com/RFL](https://One.Walmart.com/RFL)
- Resources for Living: [800-825-3555](tel:800-825-3555)

## USE YOUR ASSOCIATE DISCOUNTS

The Associate Discount Center has great deals on local restaurants, cell phone carriers, and services near your new address. And don't forget to save with your Associate Discount Card when you're shopping for your new home.

- Learn more: [One.Walmart.com/DiscountCenter](https://One.Walmart.com/DiscountCenter)
- Learn more: [One.Walmart.com/DiscountCard](https://One.Walmart.com/DiscountCard)

## FIND A DOCTOR IN YOUR AREA

Grand Rounds Health is like having your own personal healthcare assistant who can help you find a doctor, get a second opinion, or figure out medical bills. And it's available at no additional cost.

- Learn more about Grand Rounds Health, or for more options to find a doctor, visit: [One.Walmart.com/GrandRounds](https://One.Walmart.com/GrandRounds)
- In central Florida, Dallas/Fort Worth, Texas, and northwest Arkansas, check the [Provider Guide](#) instead

